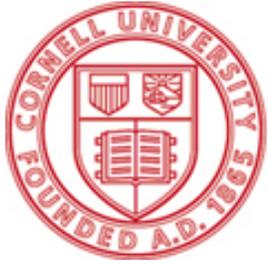


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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

July 2015- Vol 7, Issue 7

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[Join Our Mailing List!](#)

Look us up online!!!

Cornell Cooperative Extension of Steuben County (CCE-Steuben) has a brand new look on our website! Check it out at PutKnowledgeToWork.org.

Cooperative Extension puts a wealth of useful, research-based information at your finger tips! Check out a healthy recipe, a financial education class, info about Lyme disease and garden pests, watch a video on doing an energy audit of your home, and get a registration form for county fair.

In addition to what you'll find on our website, we offer free or low-cost workshops on topics that range from how to start a vegetable garden to making a home spending plan. Explore our links, check out our upcoming events, then give us a call (607-664-2300) or visit our offices to learn more. We're here to help, with information -- and people -- you can trust!



It's Farmers Market season!

BUY LOCAL!

at a Farmers' Market near you

Hammondsport Farmers' Market
Saturdays
9:00 a.m. - 2:00 p.m.
In the Walkway

Bath Farmers' Markets
Bath VA Medical Center
2nd & 4th Tuesdays
2:00 - 5:00 p.m.

Pulteney Park
Saturdays
9:00 a.m. - 2:00 p.m.
Wednesdays
9:00 a.m. - 3:00 p.m.

Hornell Farmers' Market
Thursdays
2:00 - 6:30 p.m.
Broadway Mall Park

Painted Post Farmers' Market
Saturdays
10:00 a.m. - 2:00 p.m.
Depot Museum Park

Corning Farmers' Market
Thursdays
10:00 a.m. - 3:00 p.m.
Riverfront Centerway Park



Cornell University
Cooperative Extension
Steuben County

3 East Pulteney Square, Bath, New York 14810-1557
Phone: 607-664-2300

PUTKNOWLEDGETOWORK.ORG

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.
Cornell Cooperative Extension provides equal program and employment opportunities.

Check out the Facebook pages for the following markets:

- Bath VA Farmers Market
- Corning Farmers Market
- Corning Winter Farmers' Market
- Painted Post Farmers' Market
- Hammondsport Farmers Market in the Walkway
- Hornell Farmers Market



Who Gets Grandma's Yellow Pie Plate?

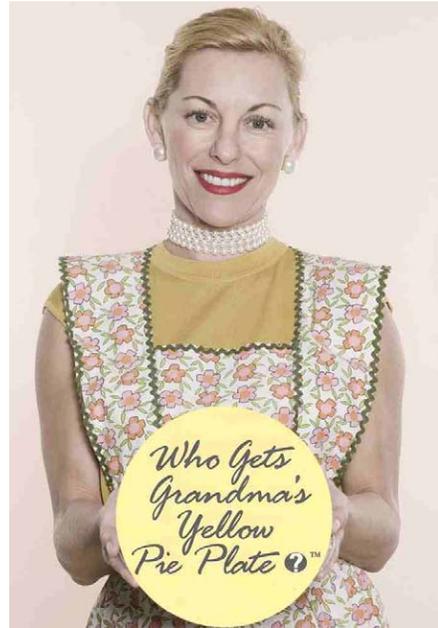
Family members use many approaches when dividing emotionally valued assets following a death in the family. Who gets personal property is an issue frequently ignored until a crisis occurs. Are you prepared for the challenge?

Join Cornell Cooperative Extension of Steuben County for a session of **Who Gets Grandma's Yellow Pie Plate** from **1:00-3:00 p.m. on July 8, 2015** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Explore the sensitivity of guiding the passing on of personal possessions with CCE-Steuben Financial Educator Nancy Reigelsperger. Some of the highlights of their workshop include:

- Successful non-titled property transfer
- Initiating discussions about sensitive issues
- Determining what "fair" means
- Identifying and sharing stories about the special objects
- Managing conflicts
- Necessary legal estate documents.

Registration is limited to 25 participants, so register soon by calling 607-664-2300. For more information on this and related topics, visit www.putknowledgetowork.org.



Local Food Preservation Series

Cornell Cooperative Extension of Steuben County is offering a series of hands-on food preservation workshops, so that locally produced food can be enjoyed year round.

Workshops in the series will teach safe methods for freezing, hot water canning, pressure canning, preserving meat, and how to cook, grow with and preserve fresh herbs. Workshops will be held at venues throughout the county, will run from July through November, and will be advertised through Cornell Cooperative Extension of Steuben County's website.



The first workshop in the series, "Freezing," will be taught by CCE Master Preserver, Pat Lamphier, on July 10, 2015, from 6:00-8:00 pm at the First Presbyterian Church in Hammondspport.

Freezing, when done correctly, is the best way to lock in nutrients when preserving local produce. This workshop will demonstrate how to safely freeze and blanch produce, the best containers to use, how to make freezer jams, and other recipes.

The "Freezing" workshop costs \$10, which covers training materials, a hands-on experience, and a chance to win a door prize. Interested participants should reserve their spot by July 9. For more information, and to register for this workshop, contact CCE at 607-664-2300, or email Kelley Elliott, CCE's Local Food Educator at kje36@cornell.edu, or [register online with a credit card](#).

Steuben County Twilight Pasture Walk

The Tri-County Graziers invite you to an evening pasture walk on **Wednesday, July 8th from 6:30-8:30 pm** at the farm of John and Anne Burns at 8475 Morgan Creek Road in Lindley, NY.

This large grazing farm features numerous innovative practices like integrated sheep and cattle grazing, "mob" grazing, and pastured poultry. This twilight pasture walk is free and open to the public. Attendees should dress for the weather (rain or shine) and expect to walk about one mile in pasture conditions.



The Tri-County Graziers is a grassroots network of farmers seeking to promote progressive pasture-based livestock production, supported by Cornell Cooperative Extension of Steuben and Schuyler Counties, and the Upper Susquehanna Coalition. For more information, please contact Kerri Bartlett of Steuben CCE by email: ksb29@cornell.edu or 607-664-2300.

July means BBQ's!!!!

Ever since man discovered fire, and realized that cooked meat was highly preferential to raw, grilling over a flame has been one of everyone's favorite ways to prepare food. Over the eons, the techniques have been perfected and in this country, our grilling traditions carry the influence of Native Americans and early colonists.



In fact the word barbecue comes from the Spanish, who used the word barbacoa to refer to the fire cooking style of natives they encountered in the Caribbean. Today we use the word barbecue in several ways. It can be a verb ("we're going to barbecue some meat") or even as another name for a grill. But the usage of the word barbecue we most prefer is when it is a noun referring to certain meats

cooked in a particular style.

Warm weather is the perfect time for barbecue so [check out some barbeque recipes and safety tips on our website.](#)

We can help your garden grow!





Cornell Cooperative Extension's garden experts will be offering tips every Friday on WETM 18 News at Noon. Stephanie Mehlenbacher from CCE-Steuben will be one of the weekly contributors to the series. [Watch the latest segment here!](#)

Clear the Clutter and simplify your life and finances!

Do you feel like you are drowning in clutter? Overwhelmed by the sheer volume of stuff? Having trouble finding the item you need? Clear the Clutter and Simplify Your Life and Finances may be the workshop that helps you address these questions. Cornell Cooperative Extension of Steuben County is offering this free workshop on **Thursday, July 22** from **1:00 - 3:00 p.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.



Nancy Reigelsperger, CCE-Steuben Financial Educator, will help you discover the strategies for taking a positive approach to controlling the clutter you might have. She will touch on ways to eliminate paper accumulation and provide alternate ways to keep sentimental items.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more information on this and related topics, visit

www.putknowledgetowork.org.

The Great Debate: Wills vs Trusts

Estate planning today is more complicated than it has ever been. Often, mistakes in a plan are not discovered until someone has passed on. Unfortunately, then it is too late. Join us for an informational look at planning with Revocable Living Trusts in a free workshop called Wills versus Trusts on **Thursday, July 23, 2015** from **1:00 - 3:00 p.m.** at the Dormann Library, West Morris Street, Bath.

Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney, CPA from Corning, to lead

this workshop. He will present such information as:

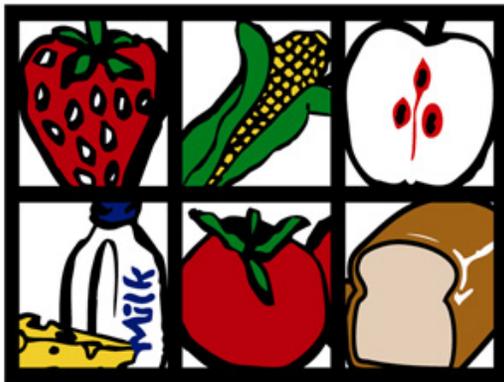
- How can a Revocable Living Trust based estate plan help protect you and secure your family's future?
- Do you know the unknown truths about planning with a Revocable Living Trust?
- Discover the 16 situations in which a Trust can have legal advantages over a Will.
- Learn the truth about the hidden costs of a Will based estate plan that no one talks about.



The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more information on this and related topics, visit www.putknoughtowork.org.

Nutrition tips...

Eat Smart New York!



Eat Better For Less!

Seven Super Steps to Safe Food In the Summer!

[4 Day Throw Away: Protecting you from bad leftovers!](#)

When standing in front of the refrigerator and looking at all those containers, remember that leftovers that still look good may not be safe to eat. Temperature and time help bacteria to grow, which can lead to foodborne illnesses - and look, smell and taste can not accurately tell you if a leftover is OK to eat.

[Are you keeping your food safe this summer?](#)

During warm weather, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. Find the

For more information on this and related topics, visit www.putknoughtowork.org.

This Week in Your Wallet: 10 Ways You're Throwing Money Away

I don't like to think of myself as someone who throws money away. (I mean, seriously, that couldn't be too good for the resume.) But as I took a gander at USA TODAY's story that laid out 10 ways people throw money away, I saw myself. More than once. Not always redeeming gift cards. Guilty. Buying a Groupon and letting it expire. Done that too (although this is why I don't buy Groupons anymore). Forgetting to follow up on a rebate. Yup. Add it all up and there's definitely a few hundred there.

It's worth a read, and a little honesty with yourself about how you typically behave as a consumer. You could find a little bit of cash, as well.

And you may need it....

Because it's officially summer and it's time for that vacation!

The dog sitter is booked, the newspaper is paused and the bags are packed. You've got everything covered - or so you think. According to new research from Experian, the one thing (too) many Americans are forgetting at home are their budgets - 68 percent of people are overspending on those jaunts away from home.



We've all been there. One drink by the pool turns into many. A once-in-a-lifetime excursion pops up. You have to get the matching t-shirts. Or you didn't do the math on the hotel fees. Overspending on vacation is easy to do, but just because you're on vacation, it doesn't mean your budget gets to be. Because, what might be worse than a few extra pounds - or some funky tan lines - is coming home in the red (I'm talking about the kind of red aloe can't fix).

The survey found 49 percent of travelers have accumulated credit card debt while traveling - and 46 percent have paid for a vacation with a credit card when they didn't have enough saved. You know the fix here: Plan ahead, make a budget and stick to it. And to get you started, here are a couple of my headline picks this week for saving on airfare and hotels.

[Read more from Jean Chatzky and other financial resources here.](#)

Free workshop on Long Term Care Planning

It is an aging society, so there are some important facts everyone should know to begin planning for long term care for your loved ones. Cornell Cooperative Extension of Steuben County is offering a free workshop, Long Term Care Planning, to help sort through the options from 1:00-3:00 p.m. on August 12, 2015 at the Wayland Library, 101 West Naples Street, Wayland.



The workshop will be led by Patrick J. Roth, Elder Law Attorney, CPA from Corning. He will explain what Medicare covers, veteran options, Medicaid eligibility for a nursing home, long term care insurances, and planning options for you and your family. The session will include:

- Discover the four parts of Medicare and what is covered by each part.
- Learn about financial benefits that you may be eligible for if you (or your spouse) are a veteran.
- Discover the Medicaid eligibility rules surrounding long term care.
- Learn how to plan for your future long term care costs.

Registration is requested by calling 607-664-2300. For more information on this and related topics, visit www.putknowledgetowork.org.

Personal Pictures of your Animals at County Fair

Nancy Reigelsperger will be available to take personal pictures of you and your animal on Friday, August 21 from 10 a.m. - 2 p.m. by/in the sheep/swine barn, rabbit barn or 4-H horse show ring. Swine pictures will be taken with the swine in their pens. They will be available in 2 sizes this year 4x6 for \$5 or 5x7 for \$8 and both sizes will be in a mat. For convenience on August 21st we request you complete the enclosed form with payment of cash or check made payable to Nancy Reigelsperger and return with the enclosed form to Nancy on August 21st. It would be appreciated and extremely helpful if you could let us know at the exhibitors meeting on Monday, August 17 if you want a personal picture of your animal(s) so Nancy knows how many to expect and of what species. A Volunteer(s) are needed to assist Nancy Reigelsperger with paperwork and identifying 4-H members for the 4-H Animal Pictures from 10 a.m. - noon and/or noon - 2 p.m. if you are available to help please complete the County Fair 4-H Volunteer Return form by Monday, July 26.



Qualifying Horse Show - July 18

The Qualifying Horse show is July 18 and pre-entries are due Monday, July 6. Mark these on your calendar!

ALL County Fair entries will be due on Monday, July 13, 2015. If you show your equine at the County Fair, you MUST turn your project record in by Monday, September 14, 2015. If you wish to enter your record for fair please remember to fill out & turn in your entry. All records are due to the 4-H office September 14, 2015 to be eligible to show at the 2016 Steuben County Fair. All horse members must answer the 4-H Life Skills Wheel included in their horse project record to receive record completion credit.

Dog Obedience Graduation - July 18 at 4 p.m. in Arkport

4-H member's (8-18 years old as of January 1, 2015) who wish to be considered to attend the NYS Fair 4-H Dog Show or 4-H members who are taking dog obedience classes privately and want to show at the Steuben County Fair 4-H Dog Show must attend Dog Obedience Graduation on Saturday, July 18 at 4 p.m. at the Old Arkport Cycles 3 Main Street in Arkport.

The Steuben County Fair 4-H Dog Show is Monday, August 17 at 11 a.m. in the 4-H Horse Show Ring across the track. County Fair Entries are due to the CCE Office by July 13.

The NYS Fair 4-H Dog Show Wednesday, September 2 for Obedience and Agility classes and Thursday, September 3 for Rally and Grooming and Handling Classes.

If you have any questions contact Kim at ksb3@cornell.edu or 607-583-3185 or your 4-H Dog Obedience Instructor.

Rabbit Cavy and Poultry Clinic

Wednesday, July 8, 2015, 5:00 PM - 7:00 PM

NYS Dog Photography, Young Poets Writing Challenge and Dog Video Contests

Entries must be postmarked by July 15 and mailed to Kathi Chambliss in Alfred Station. For specific entry requirements and an entry form [visit this link](#).

For the following events, refer to [the current Steubenite](#) for further details:

- Interest in learning about Pack Goats and the Goat Obstacle class - starts July 7
- There will be a JAKES (Juniors Acquiring Knowledge, Ethics and Sportsmanship)

Conservation Field Day held on Saturday, July 18 The Bath Rod & Gun Club: 7771 Telegraph Road, Bath, NY

- Help needed at the 4-H Building during County Fair
Adult volunteers (parents, leaders, grandparents, and friends) are needed to help at the 4-H Office in the County Fair Building in the evening and on the weekend. Two to three youth and/or adults are needed to run the Bake Sale. And there are a number of ways for youth to get involved at the fair.
- NYS Fair Leadership opportunities - due July 15

Central New York Agricultural Literacy Academy

July 21st-July 22nd 9 a.m. - 4 p.m.

Wegmans Teaching Kitchen, NYS Fairgrounds

Cornell Cooperative of Broome County, New York Agriculture in the Classroom, and New York Farm Bureau are proud to collaborate and sponsor the new Agricultural Literacy Academies to be held regionally across New York State. Funded through a USDA Farm to School grant, these two-day trainings will allow teachers to leave with a toolbox full of techniques, curriculum, and ideas for integrating food systems into their schools. The next opportunity to participate will occur July 21st-July 22nd at the Wegmans Teaching Kitchen on the NYS Fairgrounds. Expect your experience to include:

- 18 hours of Professional Development Credit
- The complete Food, Land & People curriculum of 55 lessons aligned to NYS and Common Core Learning Standards (\$55 value)
- Panel discussions with area farmers, school food service directors, and special guest speakers
- Agriculturally accurate books for your classroom library, resources, take-home kits from lessons featured at the training, and online companion materials
- Premier of the National Agriculture in the Classroom Curriculum Matrix
- Farm tours for the opportunity to connect with prominent agricultural industries in your region
- The invaluable resource of identifying program and funding partners in your region

The cost to participate in this two-day training is \$30. Scholarships are available. [Visit here for more information and registration details.](#) or contact Laura Biasillo at (607) 584-5007 or lw257@cornell.edu.

We'll be showing you the ropes at this year's show

New Attraction at the 9th annual Southern Tier Outdoor Show.

We are excited to announce that this year we have added Bristol Mountain's Mobile Aerial Park to our list of attractions. The Mobile Aerial Park has 8 unique and exciting elements. Participants are 6 feet above the ground and the park is ideal for children ages 4 to 12. All participants are connected to a continuous safety system in full body harnesses so participants can never be unattached.





Save the dates of October 10 and 11 and plan to attend the Southern Tier Outdoor Show, coordinated by Cornell Cooperative Extension of Steuben County and hosted by Wilkins RV, Inc. of Bath. Keep on top of the latest information about the show at www.SouthernTierOutdoorShow.com and on Facebook at www.facebook.com/SouthernTierOutdoorShow.

What's Going On Around the Community...

"Bus Buddies" launches in Steuben County

Transportation continues to remain a principal issue in Steuben County. Many seniors and persons with disabilities - the very people public transportation can benefit most - are intimidated by the public transportation system.

To address this need, Steuben Coordinated Transportation Mobility Management, an initiative of the Institute for Human Services, Inc., in collaboration with Steuben County RSVP, has launched a new program called Bus Buddies.

The concept behind Bus Buddies is to assist individuals in learning to navigate the public transit system within Steuben County and beyond. Due to the intimidation and lack of knowledge, many feel as though they are unable to navigate the local bus schedules and routes alone, ultimately resulting in a sense of lost independence. With the Bus Buddy program, experienced and trained volunteer "Buddies" can help alleviate this fear by being the friendly, knowledgeable educator in learning to utilize the public transit system - from schedules to routes to accessibility and everything in between!

"With the assistance of the volunteer "Buddies," individuals are able to learn how to plan their trip from beginning to end," explains Kelly Duby, Steuben County Mobility Manager. "The volunteers actually ride the bus along with the new rider (or even a group of new riders), so that they become more comfortable using the public transit systems. This program is great for anyone who is looking for a low-cost transportation alternative or who wants to get out and experience the local community, independently and safely."

As the rider's confidence grows with the help of a Bus Buddy, so does their independence. Through learning about the transit systems, individuals are able to experience a new sense of freedom, enjoying social outings to local points of interest, including sightseeing, shopping, and recreational opportunities.

Duby adds, "I currently have a group of riders that are planning an outing to the Rockwell Museum, which is a quick trip for \$4 - or only \$2 for seniors!"

Ultimately, the Bus Buddy Program aims to enable new riders to be engaged, mobile, and empowered enough to plan their own trips to medical appointments, shopping, and other necessary travel needs.

To learn more or to inquire about the Bus Buddy program, contact the Steuben County Mobility Manager at DubyK@ihsnet.org or 607.776.9467 ext. 223.

Facebook Business Page workshop Are you in need of a Business Facebook page, but not sure how to create it?

This basic seminar on Thursday, July 16, 2015 from 8:00 - 10:00 a.m. will show you how to set up your page, add content, photos, videos and create events. We will be reviewing Facebook features to help you develop relationships with your customers and assist in spreading the word about your business. You will need to have a personal Facebook page prior to this seminar.

Business Development Center
24 Denison Parkway West
Room 102
Corning, NY 14830

Pre-paid registration of \$10 is required by July 14th.

Seating is limited!

For more information or to register contact the SBDC at:
607-937-6861 or sbdc@corning-cc.edu

Greek Peak opening new biking trails

Greek Peak is carving out three brand new Downhill Mountain Biking trails on the mountain as well as a "Family Friendly" Trail. We will be having a "soft opening" of the first of these new trails, the Green and Blue Courses, just in time for the 4th of July! The Visions Express Quad Lift will be available to bring riders and their mountain bikes to the top of the mountain.

[Come try the two new trails and give us feedback!](#)

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

Carla Dawejko
Public Affairs Coordinator
Cornell Cooperative Extension of Steuben County
607.664.2300

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